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08/26/1991 - EIU offers gymnastic classes

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91-310

August 26, 1991

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FOR IMMEDIATE RELEASE:

EIU OFFERS GYMNASTIC CLASSES

CHARLESTON, IL--Eastern Illinois University's School of Adult and Continuing Education is offering a Fall Acro Imps Gymnastic Program for children ages 3 to 18, beginning Sept. 3.

These classes are designed to give children a chance to learn gymnastic skills and to develop thorough general conditioning exercises.

Physical conditioning is stressed through stretching, strengthening, and balance exercises. Tumbling, trampoline and vaulting are emphasized along with some apparatus activities.

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GYMNASTIC CLASSES

All one-hour classes meet on Tuesdays and Thursdays in Eastern's McAfee Gym. Children may sign-up to attend Tuesdays or Thursdays or both. The fee for one weekly class meeting is \$38, or \$72 for two. The beginners/advanced beginners (ages 3-8) meet at 4 p.m., intermediates (ages 8-12) at 5 p.m., and advanced (ages 9-18) at 6 p.m.

The classes will be taught by Scott A.G.M. Crawford, associate professor of physical education and graduate coordinator of the College of Health, Physical Education and Recreation at Eastern, with assistance from EIU physical education majors and former gymnasts.

To register, call Jan in the School of Adult and Continuing Education at 581-5115.